

A Look at *Urtica urens*

Joette
Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

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Let's get back to our task of curating a well-stocked homeopathy kit, shall we? Although, it's not really a task, per se. Many enjoy collecting and organizing the masterpieces we call homeopathic medicines. It gives moms and others a sense of order and preparedness. Plus, it's just fun!

Today, we're going to take a look at *Urtica urens*. Now, to help you remember the nature of the conditions that are often a call to consider homeopathic *Urtica urens*, let me remind you of the gross substance from which it is made: stinging nettle.



Have you ever experienced a brush with stinging nettle? Contact can result in a red, itchy rash, swelling, irritated skin, and occasionally even blisters. So, when symptoms involve a nettle rash or a stinging sensation, allow your mind to hearken to this sweeping medicine.

Does that first word of *Urtica urens* sound familiar? Yep, you've heard that root word used as urticaria – a skin rash with raised, red bumps. (We discussed this more extensively in [Hives. Apis or Urtica urens?](#))

We've also mentioned its reported efficacy in cases of heat rash or prickly heat. (See [Sickening Summer: Heat Rash.](#))

It's also a capital choice for sunburns with a stinging or prickly feeling, which we discussed in [Sunburn and Dehydration? Homeopathy Offers the Cure.](#)

Additionally, *Urtica urens* is worth consideration for other types of burns – not just for sunburns. Chemical burns have been shown to respond favorably when [Urtica urens 30](#) is employed.

One might utilize this medicine as frequently as necessary, depending on the severity of the burns. For instance, if the burns are mild, perhaps one would only require the medicine every few hours or twice daily. However, if the burns are extremely serious and one is headed to the emergency room, one might take advantage of *Urtica urens* every few minutes!

But today, let's talk about shellfish. As we add *Urtica urens* to our well-curated homeopathy kit, let me tell you a story about a highly effective situation in which this medicine abated an allergic reaction to shellfish.

Doug, a family friend, has always been conscientious about his shellfish allergy. He cautiously avoided all the various provocateurs, such as crabs, lobsters, shrimp – you know, the usual suspects. So, before he ordered the soup at a highly reviewed new restaurant, he made certain to mention to his server that he couldn't have shellfish.

"Oh, there's no shellfish in the soup!" the waiter assured him.

But almost immediately after he ingested the first few delicious spoonfuls of soup, Doug knew he was in trouble.

You see, Doug is a dentist. He knows all about the mouth. So, when his tongue and lips instantly started to swell and sting, he knew he had been exposed to his arch nemesis – shellfish.

In hindsight, the waiter had accurately reported there were no shellfish actually looking up at him from the soup bowl. However, he had no idea that the underlying stock was based on shellfish. The stock was a classic bouillabaisse, created with shrimp shells.

Yikes!

But luckily, Doug knew what to do. He immediately employed [*Urtica urens* 30](#), every few minutes. Gradually, the swelling and stinging softened, and Doug's allergic reaction, thankfully, did not progress into full-blown anaphylactic shock. In fact, Doug didn't even need to head to the hospital as he normally might have. He was deftly able to handle the situation on his own – on the spot in the restaurant – through the health freedom provided by his

knowledge of homeopathy.

Is there anything more inspirational than a true story of homeopathic success like this? I think not!

My friends, with the knowledge you are acquiring by reading my blogs and collecting these essential medicines to have on hand, you will share the same health freedom Doug enjoys. Preparedness is 95% of the game. When one's tongue is already swelling and stinging, it's too late to learn the necessary medicine and order it.

So, I encourage you to print out the blog posts and the Remedy Cards for every condition that applies to you, your family and your loved ones. Or better yet, join my [Mighty Members](#), where we've done all the work for you.

Members can download booklet collections of the Remedy Cards organized by year. Mighties who join with an annual subscription can also download my Remedy Reference Guides, which are downloadable eBooks containing each year's collection of blog posts ... all the way back to 2013.

Had Doug not known of the efficacy of *Urtica urens*, his lovely evening out may have culminated in a visit to the hospital. Instead, he was able to avert the crisis and pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the bottom.

P.S. As a reminder, all homeopathic medicines should be discontinued when the symptoms and condition are very much

better. We don't take homeopathics as though they were supplements. These are medicines. They should be treated with respect and only used when needed.

Plus, I should add that *Urtica urens* isn't the only homeopathic medicine to consider for allergic reactions. I've devoted an entire course to the various conditions, symptoms and medicines for allergies of all kinds.

Take a quick look at the course syllabus for [Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back](#). You'll be surprised how many conditions this course will enable you to handle just as adroitly as Doug.

Can you imagine the satisfaction of becoming the hero in your family by calming your loved ones' allergies?

I can. And so can Doug. We've both been there. So, join us. And remember, all my Mighties ([Joette's Mighty Members](#)) also qualify for a 10% discount on course purchases.



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